



EGYPTIAN GYMNASTICS FEDERATION AEROBIC GYMNASTICS NATIONAL COMPETITIONS PROGRAMME 2022-2023



	National Development1	National Development2
AGE الأعمار السنوية	6-8 in the year of the competition	9-11 in the year of the competition
CATEGORIES الفئات	IM,IW, MP, TR, GR	IM,IW, MP, TR, GR
EXCEPTIONS الاستثناءات	No 1 arm support	No 1 arm support
MUSIC LENGTH مدة الموسيقى	55 seconds to 1 minute 20 seconds	1 minute 15 seconds (+/- 5sec)
DIFF ELEMENTS	Maximum : 6 Elements	Maximum : 7 Elements
ACROBATIC ELEMENTS (اختياري)	2 elements from A1 to A2 (Optional)	2 elements from A1 to A2 (Optional)
COMBINATION OF DIFF ELEMENTS	No Combination	No Combination
COEFFICIENT DIFFICULTY ELEMENTS	The total score will divided by 2 points for all categories	
COMPETITION SPACE	(7 X 7) : IM - IW – MP – TR (10 X 10) : GR	(7 X 7) : IM - IW – MP – TR (10 X 10) : GR
COMPULSORY ELEMENTS (Must be performed without any combination) العناصر اللازمة	4 Elements - PU - Straddle Support Air Turn Vertical split	4 Elements - PU - Straddle Support - Air Turn - 1/1Turn
Individual Men (Difficulty elements)	- Family 4 is not a Compulsory - Family 8 is not allowed	
Optional ELEMENTS ALLOWED ONLY	- Tuck Jump - 1/1 Turn	- Split Jump - Straddle Jump - Illusion



**EGYPTIAN GYMNASTICS FEDERATION
AEROBIC GYMNASTICS NATIONAL
COMPETITIONS PROGRAMME 2022-2023**



	IF NOT PERFORMED NO DEDUCTION	<ul style="list-style-type: none"> - Helicopter - Tuck Jump to Split (IW) - Tuck jump - Cossack jump - Vertical split (IW,MP,TR,GR) ONLY <p align="center">IF NOT PERFORMED NO DEDUCTION</p>
PUSH UP / SPLIT LANDING (Group B)	No JUMP Landing to Split OR Push Up	<p>(IM)</p> <ul style="list-style-type: none"> • No PU and Split Landing (IW / MP / TR / GR) • No Push up Landing • Maximum 1 element Landing to Split(IW)
COLLABORATION	Minimum 1 collaboration	Minimum 1 collaboration
ATTIRE	(no Make-up) Optional tights Form fitting body shorts allowed (Boys and girls).	

This link <https://youtube.com/playlist?list=PL80vvM-HGCjVi7OQMxuw9IVOIEDmDtlmw> contains videos of the all compulsory elements and the optional elements.(6-8)

This link https://youtube.com/playlist?list=PL80vvM-HGCjVvCb_Z29v78ctMNgr4gG-w contains videos of the all compulsory elements and the optional elements.(9-11)

**EGYPTIAN GYMNASTICS FEDERATION
AEROBIC GYMNASTICS NATIONAL
COMPETITIONS PROGRAMME 2022-2023**



DEDUCTIONS

	National Development 1	National Development2
D-JURY	<ul style="list-style-type: none"> • More than 6elements. • Compulsory elements: missing or in combination or not at the same time Performing Elementsother than Optional Elements Allowed. • Elements landing to PU. • Element landing to split. • Combination of elements. • Repetition of an element. 	<ul style="list-style-type: none"> • More than 7 elements. • Compulsory elements: missing or in combination or not at the same time. Performing Elementsother than Optional Elements Allowed. • Elements landing to PU. • Elements landing to Split for IM. • More than 1 element landing to split : IW/MP/TR/GR. • Combination of elements. • Repetition of an element.
CJP DEDUCTION (-0.5 EACH TIME)	<ul style="list-style-type: none"> • Performing Acrobatic Elements (A3 to A5) • Performing more than 2 Acrobatic element • Performing Acrobatic element landing to Split for IM 	



**EGYPTIAN GYMNASTICS FEDERATION
AEROBIC GYMNASTICS NATIONAL
COMPETITIONS PROGRAMME 2022-2023**



	Age Group
AGE الأعمار السنوية	12-14 in the year of the competition
CATEGORIES الفئات	Individuals, MP, TR, GR
EXCEPTIONS الاستثناءات	No 1 arm support
MUSIC LENGTH مدة الموسيقى	1 minute 15 seconds (+/- 5sec)
DIFF ELEMENTS	MAXIMUM : 7 Elements
ACROBATIC ELEMENTS اختباري No Repetition	2 elements from A1 to A4 (Optional)
COMBINATION OF DIFFICULTY ELEMENTS	<i><u>NO COMBINATION IS ALLOWED</u></i> <u>IF COMBINATION IS DONE :</u> NO ADDITIONAL VALUE WILL BE RECEIVED NO PENALTY WILL BE GIVEN.
COEFFICIENT DIFFICULTY ELEMENTS	The total D-score will be divided by 2 points for all categories
COMPETITION SPACE	(7 X 7)m2 : IM - IW (10 X 10)m2 :MP-TR -GR - AD



**EGYPTIAN GYMNASTICS FEDERATION
AEROBIC GYMNASTICS NATIONAL
COMPETITIONS PROGRAMME 2022-2023**



COMPULSORY ELEMENTS (Must be performed without any combination) العناصر اللازمة	4 Elements - Helicopter - Straddle or L Support (maximum 1/1 turn) - Tuck Jump 1/1 Turn - 2/1 Turn
Individual Men (Difficulty elements)	Family 4 is not Compulsory Family 8 is not <u>allowed</u>
ELEMENTS ALLOWED VALUE	<p><u>0.2- 0.5</u> <u>OPTIONAL ELEMENTS ALLOWED:</u></p> <ul style="list-style-type: none"> - Illusion OR Free Illusion - Cossack jump OR Cossack jump 1/1 turn - Butterfly - A-Frame - SWITCH SPLIT LEAP - Split Jump to Split (IW,MP,TR,GR) ONLY <p><u>THE ABOVE ELEMENTS ARE THE ONLY OPTONAL ELEMENTS ALLOWED.</u></p> <p><u>PROHIBITED ELEMENTS:</u></p> <ul style="list-style-type: none"> - A-Frame to Wenson (NOT ALLOWED). - Helicopter to Wenson (NOT ALLOWED).
PUSH UP / SPLIT LANDING (Group B)	<p>(IM)</p> <ul style="list-style-type: none"> • No Split landing elements (IW / MP / TR / GR) • Maximum 1 element landing in Split
COLLABORATION	Minimum 2 collaboration
ATTIRE	FIG Code of Points (LIGHT make-up)

**EGYPTIAN GYMNASTICS FEDERATION
AEROBIC GYMNASTICS NATIONAL
COMPETITIONS PROGRAMME 2022-2023**

DEDUCTIONS

	Age Group
DIFFICULTY DEDUCTIONS (-0.5 EACH TIME)	<ul style="list-style-type: none"> • More than 7 elements (IW/IM) • More than 6 elements (TR/GR/MP) • Compulsory elements: Missing OR in Combination OR NOT at the SAMETIME. • Element with 0.6 value or more • Performing Elements Other than Allowed Optional Elements. • More than 1 ElementSplit (IW). • Combination of 3 Elements. • Repetition of an element. • IM Landing to Split. • Performing A-FRAME TO WENSON. • Performing HELICOPTER TO WENSON.
CJP DEDUCTION (-0.5 EACH TIME)	<ul style="list-style-type: none"> • Performing Acrobatic Element (A5) • Performing more than 2 Acrobatic element • Performing Acrobatic element landing to Split for IM .

This link <https://youtube.com/playlist?list=PL80vvM-HGCjWIHyWpoW6o8ljs3NPG887T> contains videos of the compulsory elements and the optional elements.



**EGYPTIAN GYMNASTICS FEDERATION
AEROBIC GYMNASTICS NATIONAL
COMPETITIONS PROGRAMME 2022-2023**



	Juniors
AGE الأعمار السنوية	15-17 in the year of the competition
CATEGORIES الفئات	IM,IW, MP, TR, GR
EXCEPTIONS الاستثناءات	Maximum 4 floor elements
MUSIC LENGTH مدة الموسيقى	1 minute 20 seconds (+/- 5sec)
DIFF ELEMENTS	MAXIMUM : 7 Elements (IW/IM) 6 Elements (TR,GR,MP)
ACROBATIC ELEMENTS (اختياري) No Repetition	2 elements from A1 to A5 (Optional) No Repetition Salto 360 only <i>without twist</i> (IM , IW) 1 Combination of Acrobatic Elements
COMBINATION OF DIFF ELEMENTS	NO COMBINATION IS ALLOWED <i>IF COMBINATION IS DONE :</i> NO ADDITIONAL VALUE WILL BE RECEIVED. NO PENALTY WILL BE GIVEN.
COEFFICIENT DIFFICULTY ELEMENTS	The total D-score will be divided by 2 points for all categories
COMPETITION SPACE	(10 X 10) : All Categories



**EGYPTIAN GYMNASTICS FEDERATION
AEROBIC GYMNASTICS NATIONAL
COMPETITIONS PROGRAMME 2022-2023**



<p>COMPULSORY ELEMENTS(Must be performed without any combination) العناصر اللازمة</p>	<p>7 Elements (must perform minimum 4 families) <u>COMBINATION NOT ALLOWED.</u> <u>(DIFFICULTY ELEMENTS COMBINATION).</u></p>
<p>Individual Men(Difficulty elements)</p>	<p>- Family 4 elements is Compulsory (AIR TURN OR BUTTERFLY) - Family 8 is not allowed</p>
<p>ELEMENTS ALLOWED VALUE</p>	<p>(0.2- 0.7) <u>OPTIONAL ELEMENTS ALLOWED</u></p> <ul style="list-style-type: none">- A-Frame- EXPLOSIVE HIGH-V 1/2 TWIST TO PUSH UP- ALL SUPPORTS FAMILY EXCEPT (PLANCHE)- Helicopter OR Helicopter 1/1 TURN- Air Turn OR 2/1 Air Turn- BUTTERFLY OR 1/1 BUTTERFLY- Free fall, 1/1 Turn Free fall- Tuck Jump 1/1 Turn OR Tuck Jump To Split- Straddle Jump OR Straddle Jump To PU OR Straddle Jump 1/2 TO PU OR Straddle Jump 1/1 Turn- 1/2 Cossack 1/2 to PU OR Cossack jump 1/1 turn.- Switch Split Leap OR Switch Split Leap To Split (IW ONLY)- Split Jump (IW,IM,MP,TR,GR) OR Split Jump TO Split (IW,MP,TR,GR) OR 1/2 Split jump to PU(All) OR Split jump 1/1 turn OR Split jump to PU(All) <p>SCISSORS LEAP</p> <ul style="list-style-type: none">- 1/1 Turn OR 2/1 Turn- 1/1 Turn with Leg at Horizontal- Illusion OR Free Illusion- Balance 1/1 turn, Balance 2/1 turn <p><u>THE ABOVE OPTIONAL ELEMENTS ONLY ALLOWED.</u></p> <p><u>PROHIBITED ELEMENTS:</u></p> <ul style="list-style-type: none">- A-Frame to Wenson (NOT ALLOWED).- Helicopter to Wenson (NOT ALLOWED).- Pike jump 1/2 twist to PU- 1 1/2 turn tuck jump 1/2 Twist to PU- Scissors Leap to split- Scissors Leap 1/2 Turn to PU.



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AEROBIC GYMNASTICS NATIONAL
COMPETITIONS PROGRAMME 2022-2023**



PUSH UP / SPLIT LANDING (Group B)	(IM) • Maximum 2 Landing to PU • NO SPLIT LANDING ELEMENTS (IW / MP / TR / GR) • Maximum 1 Landing toPU • Maximum 1 element landing in SPLIT
COLLABORATION	Minimum 3 collaboration
ATTIRE	FIG Code of Points

This link <https://youtube.com/playlist?list=PL80vvM-HGCjU8dtkoOdC3BD1i9lvcWc3K> contain videos for the compulsory elements and the optional elements.



**EGYPTIAN GYMNASTICS FEDERATION
AEROBIC GYMNASTICS NATIONAL
COMPETITIONS PROGRAMME 2022-2023**



DEDUCTIONS

Juniors	
DIFFICULTY DEDUCTIONS (-0.5 EACH TIME)	<ul style="list-style-type: none"> • More than 7 elements. • Performing more element / values than allowed. • Element with 0.8 value or more. • Performing Element not Allowed (IM : Family 8). • IM:More than 2 Jump elements landing to PU. • IW/MP/TR/GR : More than 1 Split Landing DIFFICULTY ELEMENTS. • IM : Split landing (Group B). • Combination of 3 elements. • Repetition of an element. • IM : Missing Family 4. • More than 1 Combination of 2 elements. • Less than 4 families. • Performing Elements Other than Allowed Optional Elements. • Performing A-FRAME TO WENSON. • Performing HELICOPTER TO WENSON. • 1 1/2 turn tuck jump 1/2 Twist to PU • Scissors Leap to split • Scissors Leap 1/2 Turn to PU.
CJP DEDUCTION (-0.5 EACH TIME)	<ul style="list-style-type: none"> • Performing Salto 360°with twist • 2 Acrobatic element together combine with element • Performing more than 2 Acrobatic element • Performing Acrobatic element landing to Split for IM • MP/TR/GR : Combination of Acrobatic elements

**EGYPTIAN GYMNASTICS FEDERATION
AEROBIC GYMNASTICS NATIONAL
COMPETITIONS PROGRAMME 2022-2023**



SENIORS

According to FIG RULES AND GUIDELINES AEROBIC
2024-S 2022CODE OF POINT

يتم تطبيق قوانين و لوائح اللجنة الفنية بالاتحاد الدولي لمرحلة الدرجة الاولى وفقا

FIG COP (2022-2024)